

Stone of the month

Sodalite

Scorpio: October 24th -November 22nd

Birthstones: October- Opal November-Topaz

Zodiac stones: Sodalite, Opal **Chosen color\stone:** deep red

Planetary ruler(s): Pluto, Mars **Elemental ruler:** water

Star stones: Garnet, Beryl, Topaz, Opal, Sodalite

Zodiac colors or astral colors: black, and brown

The stone I have chosen for the month of November:

Sodalite

Appearance: mottled dark and light blue-white, often tumbled, all sizes

Helpful tip: sodalite can be placed on your computer to block their emanations (this is helpful to people who are sensitive to “sick-building syndrome” or “electromagnetic smog”)

Color: blue **Rarity:** easily obtained

A little note: transforms and helps us let go of core fear and guilt, and enhances acceptance

The sodalite releases old mental patterns and creates new ones. It unites logic with intuition and opens spiritual perception; bring information from higher mind down to the physical level

Source: North America, France, Bridal, Greenland, Russia, Myanmar, Romania

A little note: sodalite helps with rational thought and in saying true feelings

Healing: increases functioning of the immune system, lowers blood pressure, treats throat and digestive problems, it cools fevers, and stimulates absorption of fluid in the body

Position: ware for long periods on the appropriate place

A little note: this is a good stone for group work, as it brings harmony and solidarity of purpose. It stimulates trust and companionship between members of the group, encouraging interdependence.

Psychologically: sodalite heals damaged emotions bring emotional balance and calms panic attacks, it helps control mechanisms that hold you back from who you truly are

This is an excellent stone for the mind; it eliminates mental confusion and intellectual bondage

A little pillow talk: the sodalite helps with a very restful nights sleep

This is one of the best stones in meditation; it helps the transition from the mundane to the spiritual.